



HOPE SPRINGS WOMEN'S GROUP PROGRAM



TERM 4 2023
EVERY WEDNESDAY
10.30 A.M TO 12 P.M

ADDRESS:

105 EDWIN ST,
HEIDELBERG HEIGHTS,
VIC 3081

PHONE:

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EMAIL:

WOMEN.HOPE-SPRINGS@BANYULEUC.ORG.AU

WEBSITE:

HTTPS://BANYULEUC.ORG.
AU/CONNECTING-WITH-
COMMUNITY/HOPE-
SPRINGS/

FACEBOOK:

HTTPS://WWW.FACEBOOK.COM/PEOPLE/HOPE-SPRINGS-WOMENS-GROUP/100086537787966/

INSTAGRAM: @HOPE-SPRINGSWOMEN

IF YOU WOULD LIKE A TEXT REMINDER EACH WEEK, KINDLY LET US KNOW :)

ALL WOMEN ARE WELCOME.
NO COST, NO REFERRAL REQUIRED.
VOLUNTARY CONTRIBUTION WELCOME.

WE ACKNOWLEDGE THE TRADITIONAL CUSTODIANSHIP OF THE WURUNDJERI AND THE LAW OF THE COUNTRY ON WHICH WE LIVE. WE PAY OUR RESPECTS TO THOSE WHO HAVE CARED AND CONTINUE TO CARE FOR COUNTRY.



Date	Activity
4th Oct	Trivia Day
11th Oct	Coping with anxiety and stress
18th Oct	Women's health information session
25th Oct	Comedy clips marathon
1st Nov	Art Therapy
8th Nov	High Tea
15th Nov	Workout and Smoothie bowls
22nd Nov	Making Fridge Magnets
29th Nov	Paint by numbers
6th Dec	Coffees at Sycamore tree and Opshopping
13th Dec	Christmas Card Making
20th Dec	Christmas Party